

Unripe Cactus Pear Fruit Atchar (Chow-chow)



Recipe developed by Dr Alba du Toit

INGREDIENTS:

- 300 g green fruit cores (sliced into smaller wheels)
- 300 g carrot (peeled and sliced into wheels)
- 150 g leeks (cut into wheels)
- 500 ml water
- 10 ml salt

Dry mix

- 2 ml cumin powder
- 2 ml turmeric
- 2 ml masala spice mix
- 4 ml salt
- 1 ml pepper

Paste

- 2 onions, finely chopped
- 1 clove garlic, finely chopped
- 1 cayenne chilli, deseeded and finely chopped
- 5 ml mustard seed
- 10 ml curry powder
- 15 ml olive oil

Atchar

- 75 ml sunflower oil (for frying)
- 250 ml white grape vinegar
- 100 g sugar

METHOD:

- Place the green fruit cores, carrots and leeks into a boiling solution of 500 ml water and 10 ml salt and boil for 10 minutes.
- Drain and rinse the vegetables three times.
- Marinate vegetables: Mix vegetables with the dry mix and allow to marinate for 2 hours in a colander.
- Make the paste: combine the ingredients for the paste and liquidise using a handheld blender to form a thick paste.
- Heat the sunflower oil in a saucepan and fry the paste in oil for the flavours to develop (5 minutes).
- Mix the vinegar and sugar and add to the paste mixture.
- Add the marinated vegetables to the mixture and simmer together for 5 minutes.
- Transfer into hot sterilised jars, remove any bubbles and seal immediately.

T: +27 51 401 7656 | E: DuToitA1@ufs.ac.za | www.ufs.ac.za

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